

UQAB

Magazine

PRESS RELEASE

Capitalism is More of a Bane than a Boon for Humanity

NEWS AND COMMENTS

Bombings In Somalia: The Ummah Remains Victim Of Foreign Troops

ARTICLE

Our Health is Our Wealth

ANSWER TO QUESTION

What's behind Saudi Arabia's Significant Reduction in Oil Production?



Press Release

Capitalism is More of a Bane than a Boon for Humanity

As Kenya grapples with the accumulative debt of Sh.10 Trillion, President William Ruto has called all Kenyans to be tax-compliant. According to the President, the government collects Sh2 trillion and is targeting Sh3 trillion by next year. The President has urged Kenyans to make it a habit of always paying taxes to help in offsetting the debt the country has and free the country from debt. Currently, the government is paying more than Sh1 trillion to service loans.

Hizb ut Tahrir / Kenya wishes to expound the following:

The national debt taken from the world's financial institutions and governments is ballooning by the year. Kenya currently needs to borrow Sh.900 billion to meet its financial needs, and that too is a temporary solution, which not only makes us subject to humiliating conditions but we are likely to fall in more debt leading to bankruptcy and therefore having debilitating consequences. It is crystal clear the humiliating policies, advised by IMF and the World Bank adopted by the government, put extra burden on the people.

In capitalism, the only main source of state revenue is taxation and borrowing. Taxing consumption and income translates to burdening the day to day economic activities of the ordinary citizens as indeed these are the basic elements of their livelihood. Kenya, as is the case in all capitalist regimes, has what is referred to as a source-based taxation system which basically attempts to levy taxation on all income accrued in or derived from the country irrespective of the residence of the income earner. Apparently financial budgets under capitalism make the bulk of the expenses dependent on excessive taxes while its deficit compensated from loans and grants.

We say, the effort exerted currently by the Government will eventually create more public debts hence adding more miseries leaving the population in perpetual poverty.

Islam is the only choice for liberating humanity from these perpetual economic miseries and failures as it guarantees all public properties to the service of the public finance. This aspect primarily eliminates taxation as the main source of revenue hence leaving the consumption and income driven only by the market forces (Demand and Supply). In this regard, the Khilafah (Caliphate) State upon the method of the Prophethood is the only sovereign economy detached from all colonial economic bondages of the western powers.

Shabani Mwalimu
Media Representative of Hizb ut Tahrir in Kenya

NEWS & COMMENTS

Bombings In Somalia: The Ummah Remains Victim Of Foreign Troops

News:

At least 100 people have been killed and 300 wounded in two car bomb explosions in the capital Mogadishu, Somali President Hassan Sheikh Mohamud said. Blaming the al-Shabab armed group for the attacks, Mohamud told reporters on Sunday that he expected the death toll from the twin blasts to rise further. Authorities said the attack at the busy Sobe intersection on Saturday targeted the Somali education ministry and a school. (Aljazeera)

Comment:

The attack has clearly shown the deterioration of security in Somalia a sufficient evidence of failure by the Somali's security apparatus to protect its citizens. Often when these horrendous murders happen anywhere in the world, the next thing is either condemnation of state authorities along with Western leaders as in this case of Somalia. Sadly on the other hand, militant groups do claim responsibility for the bombings. Really, is there is any justification to commit such killings? Indeed, there is no justification for any government nor individuals to kill innocent lives anywhere as this act has been forbidden in Islam. Allah (swt) says:

وَلَا تَقْتُلُوا النَّفْسَ الَّتِي حَرَّمَ اللَّهُ إِلَّا بِالْحَقِّ

“Nor take life – which Allah has made sacred – except for just cause.” [Al-Isra: 33].

The killing is not the first and it will not be the last in the presence of foreign troops in Somalia. The United States redeployed its ground troops in small numbers to Somalia in May 2022, but its air war has been going on for much longer. Since January 2007, the United States has launched at least 234 airstrikes inside Somalia targeting both al Qaeda and the Islamic State, according to data compiled by FDD's Long War Journal. For 15 years, the US denied any civilian casualties from air attacks, admitting just five deaths so far! This is the language of war and does not match the reality as lots of innocent lives continued to be lost from the US air strikes.

The Western powers who pretend to cry crocodile tears for the deaths of people in Somalia while their hands are dripping with the blood of millions of women, children and elderly all over the world. The US in particular is the one who patronizes and gives permission to their puppets in Muslim countries to use chemical weapons against the public as is in case of Bashar Al-Assad of Syria.



The conflict in Somalia has intensified and the rest of the Ummah has left it a victim of the foreign troops. The American escalation converts Somalia from an emergency zone and a humanitarian disaster into an “area of active hostilities” and people will not be spared from the accidental bombing incidents that leave elderly men, women and children victims.

Like any other Muslim land, Somalia will continue facing bloodshed among other crises which comes as a result of loyalty of Muslim leaders to their Western masters. Many of the conflicts in the entire Muslim land are directly resulting from foreign influence and intervention. Since the Muslim world is led by western backed rulers, the Ummah is in turmoil. And since there is no Khilafah (Caliphate) – an independent government then the crises in Somalia and the rest of the World will persist. It is the Khilafah implementing the divine laws, the affairs of the Ummah will be resolved once and for all.

**Written for the Central Media Office of
Hizb ut Tahrir by**

**Shabani Mwalimu
Media Representative of Hizb ut Tahrir in Kenya**

Qatar Mobilizes its Powerful Media Machine to Silence Critics of the Massive World Cup Spending by Claiming to Take Advantage of this Opportunity to Call to Islam

Written for the Central Media Office of Hizb ut Tahrir by

Muhammad Abdullah

As soon as the news of the huge Qatari spending on preparations for the World Cup spread, which amounted to \$220 billion (19 times what Russia spent on the last World Cup in 2018), many articles appeared trying to justify this spending and show the Qatari effort to exploit this sporting event and the great demand for it to spread the Hadiths of the Prophet (saw), raise the sound of the call to prayer and by bringing in the Daiya Zakir Naik etc...

Of course, we are not against the exploitation of any event to call to Allah. We can only support any effort to spread the Deen of Allah, especially if this is compared to what is happening in the countries of the Hijaz of the open war against Islam and the spread of vices and immorality.

However, our judgment on matters must be based on clear and consistent standards, and any wise person should not be swept away under the influence of reality or the influence of whims. We judge the validity of things not based on their reality, or on the basis of comparing them to what is worse than them, or based on our love for football, or based on fascination with flashing trends.

Unfortunately, the reality far from Islam was imposed on us, and the prevalence of an atmosphere of humiliation lowered the ceiling of expectations. Moreover, the absence of an accurate conception of what life should be like in an Islamic society made us proud of things that are not supposed to be discussed at all, and that should be taken as facts.

Among the things that boosters of the Qatari achievements promote are the narration of the ban on alcohol and the symbols of LGBTQ in stadiums and their surroundings. I wonder how is this matter promoted as a great achievement, knowing that the news contains evidence of its impotence?! Are alcohol and homosexuality prohibited only in stadiums and their surroundings, and permitted outside them?! Did Islam forbid these evils only in a certain area?! Has the prohibition of the forbidden in a small space and its permissibility outside it become an unparalleled achievement worthy of praise and mention?

Allowing the presence of the mosque next to the dance arenas, while the prayer is intermittent between the dances, and accepting the presence of the modest woman next to the woman in tabarruj (showing her charms to non-mahrem); all this is not considered a call to Islam, but rather an explicit call to secularism that does not give any consideration to the Deen, and permits the wicked to be immoral and the religious to perform his worship, provided that the state remains governed by human legislation. As for the call to Islam, as Allah (swt) and His Messenger (saw) taught us, it is to present the pure and untainted Islamic model with what is forbidden.

The imposition of football as a global event and giving it this huge aura is in itself a conspiracy against Islam, even if alcohol is banned entirely and not only in the stadium and its surroundings. What does it mean for people to be occupied by a ball that the players pass around?! What does it mean for people to be preoccupied with something that is absolutely useless, even if Qatar or any other Arab country wins the World Cup itself, and not just to be its organizer? What difference will it bring to people's lives? What did the countries that organized this event gain? What did the countries that won the World Cup gain? What does it mean for Muslims to be preoccupied with this nonsense at a time when their blood is shed, their resources are plundered, and their sanctities are violated?

How can a sane person justify having fun at a time when the Jews are desecrating the holiest parts of Muslims and killing their finest?! How can a sane person justify having fun and luxury when millions of Muslims lack a piece of bread or a piece of tin foil to protect them from the heat of the sun or the rain of the sky?! How can a sane person justify having fun while the prisons of the oppressors are filled with scholars, righteous people and Mujahideen (fighters)?! Where are your priorities O Muslims?! How do you arrange them?! Which needs come first?! How do you prioritise? I don't mean luxuries, but the luxuries of luxuries, above the top priorities?! What wisdom is this and what foresight?

To say that Qatar organized this event to call to Allah

Cont... page 5

undoubtedly contradicts the reality and it is naive. Qatar has never carried the concern of Islam, but since its inception it has been a British colony, and since the nineties of the last century it has turned into a den of British conspiracies, especially after the launch of Al-Jazeera.

Unfortunately, people's memory is very short, and their minds are quickly manipulated!

- Have we forgotten that Qatar hosts the American Al-Udeid base that is used to strike Muslims in Iraq, Syria and Afghanistan?
- Have we forgotten the malicious role played by Qatar, with the recognition of its most senior officials, in infiltrating the Syrian factions and diverting them from the course of the revolution?
- Have we forgotten Qatar's role, with the recognition of its most senior officials, to pressure Hamas and push it to go along with Abbas's Palestinian Authority on the path of normalization?
- Have we forgotten that Al-Jazeera was the first in media normalization with the Jews, and it is still going on the same path today, despite its lamentation over Shireen Abu Akleh?
- Why is there no mention of opening the country to Jewish tourists who will come to Qatar to attend matches on direct flights from the usurping entity of Palestine? If the goal is really to call to Allah, then Abd al-Rahman al-Sumait, the Kuwaiti Daiya, may Allah have mercy on him, who is a defenseless individual, estimates the number of those who embraced Islam at his hands in Africa alone at seven million, and he did not spend a tenth of what Qatar spent! And he did not set up for himself this false glamour.

This is regarding the da'wah that is undertaken by individuals. As for states, what the Messenger of Allah (saw) taught us is that the way for the Islamic state to carry the da'wah is to implement the rulings of Shariah within the state and carry it externally through da'wah and jihad for the sake of Allah, to conquer countries and apply Islam on their people, so that they see Islam practically on the earth. This will be a reason for them to enter the Deen of Allah. If Qatar is unable to carry Islam externally, this is the case in applying it at home.

Today, people are proud that Qatar displays the Prophet's Hadiths in public and raises the call to prayer with beautiful voices, and they consider this a great achievement for the benefit of Islam! What if it had implemented these Hadiths and the rest of the Shariah rulings in practice; what would the situation have been like?

Qatar's problem is that the day Britain established it, it made it a very small country in area and population (11570 square kilometers, 300,000 people, 10% of the total population of the emirate), compared to its neighboring countries, as the area of Saudi Arabia is 185 times, the area of Iran is 142 times, and the area Iraq 37 times. It seems that this matter created two obsessions among the rulers of Qatar:

1- The obsession with staying in power, as they know that they are the product of colonialism and they have no popular cover. Removing the cover of colonialism from them makes them hold on to power for a few days only. Therefore, they find every way to sustain the West's pleasure with them, and they volunteer to serve colonial projects with dedication, perhaps they win the renewal of their work contracts. It is clear that most of the money spent on preparing for the World Cup went to Western and British companies in particular.

2- An obsession of the fear that one of the surrounding countries will devour them. They know that the weakness of the country's area, its weak human capabilities, and the nature of its geography make its security fragile, even if it equipped its army with the most powerful equipment. They remember well how Iraq invaded Kuwait, which is more than Qatar in area and population by 1.5 times in hours, so they spend huge sums of money to have a reputation in the world and a "respectable" seat under the sun, thinking that their reputation could be a protection for them and a deterrent from being attacked.

But they do not know that no matter how much they spend, arm and leg, that will not give them:

- Immunity from the colonizer, and we saw that the West did not mobilize a single soldier to defend Ukraine, which it shares religion, ethnicity and history with; it was content with sending some weapons and saying, "Go, you and your people, and fight, here we are sitting."

- Immunity from the soon-to-be-established Khilafah (Caliphate) State, Allah willing, which will sweep the region and eliminate these worn-out thrones in a blink of an eye.

In the end, I say that Muslims were not created for fun and amusement, even if it is permissible. Yes, it is permissible to relieve oneself with some kind of play and fun, but that it is not the original objective, and it is not at the expense of serious matters, and it does not include the forbidden.

Our Health is Our Wealth

We continue to witness invention, creativity and advancement in technology in a rapid pace in all spheres of life. It has led to an extent that in this 21st century, human beings have made tremendous steps in the political, socio-economic and educational arena due to embracement of technology. Today, technology has made the world to be like a village and its villagers are able to participate in their basic affairs in it by interacting via websites and social media.

Indeed, technological revolution has turned things upside down. However, it would not be surprising to see someone opposing the technological revolution, by alleging that he/she has not seen or heard about it. It is possible for the allegations to be true if there is no installation of some of the parameters including primary infrastructure that promote and expand technology in the region where the allegor stays.

The disheartening part is that despite making incredible technological progress in healthcare, food production etc. Instead, we continue to witness deplorable statistics that show high numbers of people across the world who suffer from serious diseases. Ailments that in origin are due to humanity's poor lifestyle. Amongst the diseases, whose record and victims keep rising are those of diabetes, hypertension, stroke, cancer, heart attack, stress and others.

Indeed, the emergence of the COVID-19 pandemic led matters to become worse, majority of those who perished are amongst those with the above-mentioned diseases. Institutions and mainstream media both locally and internationally continue to report and publish their statistics via their websites and social media platforms. Jointly, they have confirmed that the root-cause of almost all of the above- mentioned diseases are due to being over-weight (obesity) or thin outside fat inside (tofi).

The situation is critical such that the statistics of the year 2009 reveal that the country with the highest number of diabetic people in the world is Nauru. In America, the percentage of diabetic people is 36.2. The number of diabetic men in Britain stands at 40.6%. In Canada, diabetic women are at 20.2%.

The numbers of diabetic children and teenagers globally stands at 39.9 million. While the youth (men) between the age of 19 and below with diabetes in America is at 45.7%. The estimated number of children between the age of 5 and 19 globally who will be diabetic by the year 2030 will be 254 million. (Statista, 18/02/2022).

For sure, the above quoted data is just a snapshot of the global miserable reality on the state of health of majority of people. Therefore, it is crucial to seek a solution very fast so that we can alleviate humanity's suffering wherever they are. Undoubtedly, the solution to the problems facing our health lies in changing our lifestyle especially by prioritizing the issues of better nutrition and exercise.

It is very imperative to ask ourselves what is better nutrition and exercise. In order, to answer the said question correctly, we have no option than to review our education that we learnt or taught in this epoch in relation to the whole subject of better nutrition. Hence, it is compulsory that we consider and compare our lifestyles in this eon and those who lived before us.

In this century, we have witnessed the existence of institutions and teachers of all sorts and majority of them have betrayed their professions by colluding with global conglomerates. Multinationals that own huge industries with global monopoly. The said industries are involved majorly in making of 'food' products, medicines and chemicals. It has led the professionals to trade their expertise by promises of little coins.

Consequently, they are being exploited in legitimization of products that wreak-havoc to humankind, animals and trees in general.

Based on that, we have no option but to ask ourselves the following questions:

- First** – What we eat is it suitable for providing nutrition to our bodies?
- Second** – Is the timing right for eating?
- Third** – What type of work or activities do we engage in?
- Fourth** – What effect does the sun have in our health?
- Fifth** – What kind of exercises do we do?

By answering the above questions, it will give us an opportunity to know what is better nutrition and exercise. We start by the foods that we eat, majority of people across world consume industry-processed foods or those with no nutrition value to the body and instead they are they are root-cause of numerous diseases. There are allegations of bolstering the said foods with all manner of vitamins. In most cases, it just mare empty rhetoric.

Most of the foods that we ingest are the carbohydrates type – that give our bodies' 'energy and heat'. There are two types of carbohydrates. The first are the simple

Cont... page 7

carbohydrates for example rice, wheat flour, maize flour, cassava, Irish potatoes, ripe bananas etc. This type is digested very fast when eaten and within a short time, we start to feel hunger once again. Thus, leading to continuous eating every now and then. The second type are complex carbohydrates for instance beans, sweet potatoes, arrowroots, green bananas, butternut, finger millet, sorghum etc. The digestion of this type is slow such that it takes time before a person feels hunger again.

The second type of food is protein – helps to build the body. Examples of protein foods are eggs and all types of meat from (e.g. fish, chicken, ducks, goats, sheep, cows and camels).

The third type of foods are vegetables – leaves, eaten either fresh or cooked. Examples of vegetables are numerous but the most recommended are: cabbages, kales, cauliflower, spinach and broccoli. Recommendation is because of the vital minerals found in them.

The fourth type of food are fats/oils – consumed directly or via cooking of vegetables, protein or carbohydrates.

There are two types of fats/oils: fake - those made in industries using seeds that are processed and given different names. In addition, there are real fats/oils gotten from avocados, coconut, olive and animals.

Seed fats/oils from the industries do not have any nutrition value to humanity. Since, the processed fats/oils are from different stages of cleaning, softening, colorization etc. Numerous researches continue to confirm that the said industrial fats/oils contribute immensely in cancer diseases due to their releasing of chemicals when being used. (Express, 18/04/2022)

The fifth type of food are fruits: mangoes, watermelons, oranges, avocados, jackfruit, tangerine, etc. After thorough research, findings are that a percentage of almost all fruits are not indigenous. In other words, we have genetically modified fruits to an extent to raise their sweetness and circumvent their seasonal harvest.

Fruits that do not depend seasonal harvest or have undergone genetically modification have high levels of fructose. Fructose is different from glucose. Glucose is directly absorbed into the body cells; contrary to fructose, it has to be stored in the liver and then acted upon after which it get absorbed into the body cells. Therefore, it causes the liver to have an extra work that leads it to become fatty and depreciates in performance. Based on that most research promotes regular eating of avocados, guavas, etc. and desist from other fruits.

As for when is the right time of eating food? For quite a long time it has become a habit for a person when s/he

wakes up they are supposed to take breakfast. Majority of people in this epoch have misunderstood breakfast to be taking food very early in the morning. For instance, those going to school or work take breakfast in their homes, restaurants or eateries.

On the contrary, genuine researchers and experts that care for the health of humanity have openly expose that humankind does NOT need to eat in the morning. However, s/he is supposed to take breakfast anytime past after midday. Amongst the experts are doctors who respect and value their professions, who include but not limited to Doctor Eric, owner of Afya Space. He has written extensively both in his blog and his Telegram channel, **The Warriors**. The following is a quote from him:

“MORNING BREAKFAST is the most useless meal of the day.

‘Breakfast is the most important meal of the day’ was a marketing strategy created by Nestle, Kellog and General mills to market their cereals e.g. Weetabix, Oats and bread.

Edward Louis Bernays who was described as the father of propaganda is behind some of these marketing fallacies meant to promote unhealthy food products at the expense of the health of people. At 4 AM in the morning, the body releases a thread of hormones known as counter-regulatory hormones.

These hormones are:

- Glucagon
- Adrenaline
- Cortisol
- Growth hormone

These hormones raise blood sugar in the morning. This is called the dawn phenomenon. The rising blood glucose level prepares you to face day.

The growth hormones prepare your muscles for the day while adrenaline wakes up your mind to face the morning.

The rising blood glucose will remain till few minutes after midday when it begins dropping. If it drops, the body will now use another mechanism to mobilize more glucose from muscle tissues and the liver, and this include converting fats in the liver into glucose.

So, in the morning, you don’t have to eat. It is useless.

The body is NOT stupid.

Do you know why persons living with diabetes are advised to test their blood glucose levels in the morning before swallowing their medicines?

Cont... page 8

Now you know.”

The quote is just a glimpse from among the researchers and majority independent professionals who have delved deeper in exposing the fallacy of eating in the morning. The matter is clear especially when we look at our grandparents who used to take their first meal after midday. In addition, some of us have grown up without taking the morning meal and we did not feel any problem until the moment we were brainwashed by Edward Bernays's propaganda and the companies that sanctioned him.

Based on that it is clearly recommended that a person must commit himself/herself to taking breakfast afternoon. That will lead to taking advantage of the morning time to do crucial tasks full of vigor and zeal. Contrary to that, we witness people who have eaten in the morning in their houses, but by 10 am, they are eating again while afternoon when they go for break they eat again!

According to Doctor Eric it is better for a person to regularly fast and eat either eat twice or once per day. For example, he is advising a person to eat at 7 pm until the next day same time. On the other hand, to eat at 1 pm and 7pm same day. Furthermore, throughout the fasting period (you are not eating) to take water at room temperature or warm, sugarless genuine tea or coffee. Finally, a person to fast (autophagy) for 48+ hours once per week without swallowing anything into stomach apart from water, sugarless genuine tea or coffee.

There is a huge secret in fasting for everyone who wants to have better health. Fasting empowers a person to have a lot of time to engage in vital activities rather than engaging in daydreaming of continuous eating. Today we see people who are eating for 24 hours. There is no difference between them and animals; they are ever chewing whatever that passes by them. No wonder, we see obese people and within a short span of time they drown in type 2 diabetes.

Indeed, most diseases that face us their solution begin from our food, food source i.e. farming, cooking of the same and the timing of consumption.

We wind up with the last question i.e. what kind of exercises do I do? Undoubtedly, this technological era has led to most people to relocate to the urban areas. People have migrated to the urban areas for purposes of seeking certain services and especially employment opportunities. That has led to majority of people are engaged in their work and with little time to do exercises. In addition, to the advancement in the transport sector, today there are fewer people who walk to their daily chores e.g. to school, work, etc.

On the other hand, we witness most people who are sitting and busy doing activities via their computers, smartphones and televisions for long periods. If they are to stand then it is for a short period and back to their same sitting positions. The presence of movies and continuous program series has caused most people to be stuck at their homes or movie cafes and theaters. This has led to the body to not exercise and become a host of diseases regularly especially coupled with eating of 'fast foods'.

Not any exercise benefits. A person must consider their age on what to exercise. According to Doctor Eric, he advises that a person with 35 years and above to exercise and rests for 48 hours. In addition, a person with 35 years and below to exercise and rests for 24 hours. The importance of resting is for the muscles to heal.

A person can do exercises at home or register in a gym. The recommended exercises are for weight lifting for 3 or 4 days depending on the age of the person concerned. Moreover, it is better to do the exercises for a duration of between 45 minutes and 1 hour. Do not increase the time because it will destroy the health of the muscles. A part from the weight lifting exercises, it is better to get involved in High Intensity Interval Training (HIIT) especially like running short distances like 100 meters or sprinting amongst other examples on condition it is within the shortest periods. Alternatively, jumping up and down or rope skipping, etc. Finally, at least once every week to run for long distance.

In order to summarize all what we have mentioned above, I implore to emphasize that where there is intention, there is a way. The beginning of taking any step in life starts by changing our initial viewpoint embedded in us. In other words, we are supposed to unlearn the issue of better nutrition and exercise. Contrary to that, we shall continue to find ourselves following the steps that lead us into ditch of destruction.

Among the steps to take is to stop eating regularly. Instead, set a specific time to eat for example you can eat once or twice per day. Also, throughout the time to drink water at room temperature or warm, sugarless genuine tea or coffee. Furthermore, you can add salt or genuine vinegar in your warm water. As for eating, focus on protein (meat and eggs), if it is a must you eat carbohydrates then take complex carbohydrate (beans, sweet potatoes, arrowroots, green bananas, butternut, millet, sorghum etc., fruits (avocados, guavas), vegetables (cabbages, kales, cauliflower, spinach and broccoli) and genuine fats/oils from (olive, coconut and animals).

A part from eating nutritious foods and exercising, it is better to walk in the sun or sunbathing. Researchers advise that the right time to walk in the sun or sunbathing be between afternoon and evening. It is immeasurable

Cont... page 9

to list the value and importance of the sun to creations because its contribution is monumental and its absence is calamitous. Similarly, it is better to walk barefoot, doing so, facilitates earthing. Hence, assisting in exchange of electrons between the body and the earth. Therefore, leading to better health.

Our greatest enemy is our habits. Most of us we have a habit of eating what we get or like without considering its contribution to our health in general. Not anything sweet means it benefits our bodies. However, a person must prioritize the nutritional value of food that he/she consumes to their body. Today how many among us are witnessed filling our shopping bags whenever we go to the markets, but what we put in them are the root-cause of diseases in our bodies.

Maybe we ask ourselves, why in the past the diseases like cancer and diabetes used to face those living in the urban especially affluent. Nevertheless, today there is ravaging and suffering in villages due to diseases of cancer, diabetes etc. Our latest lifestyle aggravated the current deplorable situation. The foods we eat are cultivated using industry fertilizers dangerous to humanity. On the other hand, processing of foods to raise profits to industry owners at the expense of consumers' health.

The time is has arrived to review the methods of farming and prioritize real food and not food that has undergone genetic modification. We must increase our uptake of salt and avoid sugar. Salt has numerous benefits compared to sugar from industries or fruits! We must take a stand to unlearn on better nutrition and exercise in order to become safe in our lives. Let us not forget to have enough sleep for purposes of reinvigorating our bodies. We have to remember that everything that is better has a price. Although, the price might not be money. One of the prices to pay in order to have better health is to do away with our old eating habits and unlearn. The issue is not just eating but eating healthy.

Why is it when given tea mixed with two or three spoons of sugar, you fail to drink it? However, when given a bottle of soda whose sugar is more than five spoons of sugar you drink it unperturbed and even seek an additional bottle? Indeed, the worst form of slavery is intellectual. Bad ideas, results in bad concepts and in turn bad actions. Now is the moment of reviewing what we learnt in the past in relation to eating better nutrition and exercise. If we do not change our viewpoint, our generation and us shall continue to languish with diseases. Underline the fact that NO secular government that cares for its citizens. On the contrary, most governments across the world are only concerned with benefitting conglomerates that bribe them and fund secular politicians in order to pass policies and laws that will permit citizens' ruin.

Let us remember that eating one or two meals per day is not poverty. A rich person is who has better health and enjoys intellectual tranquility by realizing that there is a Creator of the universe, man and life. In addition, s/he works hard to submit to the laws of the Creator and that s/he is a slave to Him. Ubadah bin Samit (ra) narrated that the Prophet (saw) said: «لَا ضَرَرَ وَلَا ضِرَارَ» **“There should be neither harming nor reciprocating harm.”** [Sunan Ibn Majah]. Furthermore, Abu Hurairah (ra) narrated that the Prophet (saw) said:

«يَأْكُلُ الْمُسْلِمُ فِي مَعَى وَاحِدٍ، وَالْكَافِرُ يَأْكُلُ فِي سَبْعَةِ أَمْعَاءٍ» **“A Muslim eats in one intestine (i.e. he is satisfied with a little food) while a Kafir (unbeliever) eats in seven intestines (eats much).”** [Sahih al-Bukhari].

In conclusion, citizens' comprehensive healthcare needs shall be guaranteed under the true and able leadership of the Islamic State of Khilafah (Caliphate). The Khilafah reestablished on the method of the Prophethood will provide not only policies that facilitate revamping of humanity's lifestyle but also regulate the agricultural sector to strictly adhere to the Islamic Shari'ah. InshaAllah.

**Written for the Central Media Office of Hizb ut Tahrir
by**

**Ali Nassoro Ali
Member of the Central Media Office of Hizb ut Tahrir**

ANSWER TO QUESTION

What's behind Saudi Arabia's Significant Reduction in Oil Production?

Question:

Why did Saudi Arabia, which is America's agent, cooperate with Russia in the OPEC Plus organization to reduce oil production by large amounts, which will lead to rising of its prices, and this is opposite to America's desires? America was angry as a result of this decision and announced a reassessment of its relationships with Saudi Arabia: [Biden pledged that this would have "repercussions" on Saudi Arabia for standing with Russia in supporting the cuts through taking measures aimed at re-evaluating the relationship between Washington and Riyadh. (France 24, published 10/16/2022)]. How can these moves be explained, given that Saudi Arabia and its actual ruler, Bin Salman, is an agent of America? And what are the results expected?

Answer:

To start off, it must be acknowledged that what Saudi Arabia and UAE have done within the OPEC Plus organization in agreement with Russia to significantly reduce the oil supplied to the market by two million barrels per day is a shocking decision for Biden and Europe, as these countries are making tremendous efforts to dispense the Russian energy resources, and therefore it urgently needs to see more non-Russian energy resources in the global markets as a replacement so that the lack of those resources does not reflect the prices that have become really expensive, especially in Europe.. And in order to know Saudi Arabia's goals from taking this step, it is necessary to know the reality of the climate International surrounding this step:

First: the energy crisis in Europe

1- [The European Union approved months ago a sixth sanctions package against Russia due to its war in Ukraine, which included a ban on oil imports from Moscow starting next December. Indeed, the European Union's imports of Russian crude oil fell to 1.7 million barrels per day last August, this compares to 2.6 million barrels per day in January. (The Independent Arabia, 9/12/2022)]. This European ban includes Russian oil imports coming through the sea and does not include those coming through some pipelines, and to show support to Europe, the United States has indeed compensated half of the Russian oil quantities that the European Union previously abandoned (before the sixth package of sanctions).

2- On the other hand, Europe in particular, is suffering from an aggravating energy crisis, in which gas and electricity prices have doubled. This situation is the result of Europe's high dependence, before the Ukraine war, on Russian energy resources, and if these days natural gas prices differ four times among Europe and America, this is not the case for oil, as oil prices are almost uniform globally, while gas prices are different depending on the presence of transport pipelines or liquefied gas processing plants. This means that the sixth package of European sanctions against Russia will lead to a supply shortage in Europe by 1.4 million barrels of oil, and this is a large amount that is expected to lead to additional increase in oil prices. If we add to this OPEC Plus decision to reduce oil quantities globally by 2 million barrels per day, the prices will become exorbitant.

Second: Russia and the impact of this decision on it

1- While America and European countries are trying to besiege the Russian economy and deprive it of money, these countries would like to see a lot of oil on display in global markets to reduce Russia's revenues from it, but the recent decision of the OPEC Plus organization makes that supply little, which leads to a shortage of supply, high prices and that benefits Russia financially, this is what these countries do not want. It is true that America has long-term goals represented in unbinding Europe's ties with Russia, i.e. replacing energy supply chains, but the financial strangling of Moscow is also a major American goal, so it is surprising that Saudi Arabia is working against this American goal.

2- Among those American and European goals, these countries are actively discussing imposing a ceiling on the price of Russian oil, as well as gas. This is because those countries have seen that Russia, whose energy resources have diminished from European markets due to sanctions, has succeeded in opening new markets for its oil in India, China and other Asian countries. The sanctions imposed on Russia have allowed Russia to compensate for that difference, meaning that the financial return of the Russian treasury of oil has not changed compared to the period before the war on Ukraine due to the high price of oil globally. That is why, the idea of imposing a ceiling on the price of Russian oil is to limit Moscow's financial return to what remains on offer. Oil is sufficient in global markets, so prices remain reasonable according to these countries. Imposing a ceiling on the

Cont... page 11

price of Russian oil is still being planned, and European countries and America have not dare to impose it due to its repercussions on world prices when Russia refrains from supplying oil to those countries that imposed a ceiling on its oil price.

Third: US Congressional elections

1- The mid-term elections for the US Congress will be held on November 8, 2022. The Republican Party, the party of former President Donald Trump, hopes to win these elections and control both houses of Congress; Representatives and Senators... and these elections are important because their results are an indication of the 2024 presidential elections in which the Republican Party plans to return to power, and in the circumstances of the severe division that America is suffering and divided between the Democratic Party and technology companies supporting it and between the Republican Party and the oil companies that support it, the decision of the organization OPEC Plus has profound dimensions related to these elections, and this is the key to Saudi Arabia's decision to support the organization's production cut.

2- As for this key, it is that America is living a very critical period, i.e. a month before its elections: [On October 5, the alliance of oil exporting countries OPEC + announced a reduction in oil production by two million barrels per day, starting from next November, this led to an increase in oil prices by about 10 percent, before declining slightly this week (Anadolu Agency, 10/12/2022)]. This inevitable result of the OPEC Plus decision, i.e., the rise in prices, is what is meant by Saudi Arabia's support for the decision, because fuel prices in America are sensitive to the American voter and that their rise changes the mood of that voter, keeping him away from President Biden and his Democratic Party and pushing him to elect Republican Party candidates. America was contacting Saudi Arabia and the Gulf States to postpone the decision of OPEC Plus for one month, i.e. until after the US Congress mid-term elections. (The Wall Street Journal said that Saudi Arabia refused to respond to the pleas of US officials to postpone the decision to reduce oil production within OPEC Plus.) The newspaper said, quoting sources aware with the talks, that US officials, days before the decision was taken on 5th October, called their counterparts in the Kingdom and other Gulf oil-producing countries to demand that the decision be postponed for another month, but they refused. People in touch with this issue said that US officials launched an intense pressure campaign to persuade Saudi Arabia to postpone its plans and White House officials have made several calls with Crown Prince Mohammed bin Salman, and US Treasury Secretary Janet Yellen spoke to the Saudi Finance Minister, according to the newspaper. (Al Hurra, 11/10/2022). Thus, it is obvious that the decision to reduce oil production is very sensitive to both the Democratic Party and to the Biden administration before

elections, and that the administration tried to postpone it, but did not succeed!

3- With all this being said, it is obvious that Saudi Arabia, and its decisive support for the OPEC Plus decision to reduce oil production by a sharp amount (2 million barrels per day), does not plan to support the treasury of Russia, which is hostile to the West, and does not plan to deepen the energy crisis in Europe, as it is unable to stand against it unless its masters in Washington request it to do so, and it is also clear that Saudi Arabia is planning with its masters in America to raise the shares of the Republican Party, Trump's party; and this, although it refers to the deterioration of political life in America in the wake of division, but this deterioration becomes so terrible that a party works in cooperation with external parties to strike the interests of the other party, even if the other party is in power!

4- The Biden administration expressed its anger at Saudi Arabia and its decision, [Biden said in an interview with CNN, Tuesday evening, "There's going to be some consequences for what they've (the Saudis) done, with Russia." He added: "I'm not going to get into what I'd consider and what I have in mind. But there will be – there will be consequences." Biden indicated that "the time has come for Washington to rethink its relationship with the Kingdom (Saudi Arabia)." (Al-Anadolu, 10/12/2022)]. Also [White House press secretary Karine Jean-Pierre said that President Joe Biden has been clear since the beginning of his administration about the need for different relations with Saudi Arabia. The press secretary added that Washington is reviewing its relationships with Saudi Arabia and will follow up on what happens in the coming weeks in consultation with Congress. She added the OPEC Plus decision shows that Saudi Arabia is allying itself with Russia regarding energy policies (Al-Jazeera Net, 10/12/2022)].

Fourth: As for what is expected, it appears as follows:

1- The OPEC Plus reduction of two million barrels of oil per day is a decision that puts strong pressure on the oil supply. Even before this decision, the Biden administration had taken a decision to withdraw one million barrels from the American strategic stockpile for a period of six months, in order to confront the rise in fuel prices in the United States so as not to harm the Biden administration in the Congressional elections and to confront Russia, [US President Joe Biden announced unprecedented release of oil from US reserves, and steps taken to punish oil companies for not increasing production from unused rents on federal lands, according to the White House. The White House said: "After consultation with allies and partners, the President will announce the largest release of oil reserves in history, and put an additional million barrels in the market per day on average - every day - for the next six months." (CNN

Cont... page 12

Arabia, 3/31/2022)].

2- With all this, it becomes clear how the US President is trying to calm the domestic fuel markets before Congressional elections, while Saudi Arabia rejects Biden's requests to increase production, and then finally, one month before the Congressional elections, it supports the OPEC Plus decision to significantly reduce oil production. Saudi Arabia has done more, it has doubled the quantities imported from Russia, and Refinitiv Eikon tracking data shows [that Saudi Arabia imported 647,000 tons of oil, equivalent to 48,000 barrels per day of Russian oil, which it received through Russian and Estonian ports during the months of April to June, i.e. twice the amount that it had imported from Russian oil during the same period of 2021. (Al Hurra, 7/15/2022)]. This is evidence of a great conspiracy carried out by Saudi Arabia, in coordination with the American oil companies and the American Republican Party, to contradict the president's policy.

If we add to all of this the contacts made by the former Trump administration's staff with Saudi Arabia, such as Jared Kushner, it becomes clear that Saudi Arabia is coordinating its oil policy with the American Republican Party, especially the group of former President Trump and with American oil companies loyal to the Republican Party, and these companies have control over Saudi oil.

3- There is no doubt that this Saudi policy will expose it, in the coming days, to pressure from the Biden administration, which announced that it is in the process of reviewing its relations with Saudi Arabia after the decision of OPEC Plus to significantly reduce production. Indeed, Biden administration officials are linking between Saudi Arabia and Russia: [US President Biden stressed that "there will be consequences" on Saudi Arabia due to its decision within the framework of the OPEC Plus oil alliance to reduce production quotas, and stressed that it is time to "rethink" the relationship with Saudi Arabia. While the former US Assistant to the Secretary of Defense for Public Affairs, John Kirby, confirmed that the president ordered a "re-assessment" of the relationship between the United States and Saudi Arabia (Al-Hurra, 10/12/2022)], and also the influential Democratic Senator, Bob Menendez, attacked the Chairman of the Committee on Foreign Relations in the Saudi Senate, (considering that Riyadh "effectively supports Russia in its brutal invasion of Ukraine." Senator Richard [Dick] Durbin of Illinois, on Tuesday morning, said Saudi Arabia clearly wants Russia to win the war in Ukraine," "Let's be very candid about this," he said on CNN. "It's Putin and Saudi Arabia against the United States." stressing that Saudi Arabia "has never been a trustworthy ally of our nation..." (Al-Hurra, 10/12/2022). There is no doubt that Saudi Arabia is not taking these actions for Russia's interest, as it had thrown a great deal of weight against Russian interests in 2020 during the Trump administration in order to induce Russia and force it to reduce production (as stated in the Answer to the Question "The Oil Crisis and

Its Repercussions" corresponding to April 29, 2020), so if anyone thinks that Saudi Arabia is supporting Russia against America, this is a fantasy that has no place for the rulers of Saudi Arabia, the agents of America.

Fifth: This is the reality of the current oil policy of Saudi Arabia, which blatantly contradicts the wishes of the Biden administration, but it corresponds to the desires of the American Republican Party and the American oil companies that support it, which from one side want to raise prices because they are benefiting from that, and from a more important side they want to bring down President Biden's supporters Democrats in the upcoming midterm congressional elections in the hope that the Republican Party will control both chambers of Congress, which will facilitate their return to the presidency also in 2024.

If Saudi Arabia, along with the Gulf oil statelets, wanted to control the oil markets in terms of marketing and pricing, it would have done so for its own interest and the interest of its people. However, these client rulers do not think of such ideas, for they have imbibed agency and submission to the foreigner and imbibed the hostility of Islam and its people. They will not make Muslim oil a weapon in their hands, nor in the hands of their enemies except by the upcoming Khilafah (Caliphate) State soon, by the permission of Allah.

وَيَوْمَئِذٍ يَفْرَحُ الْمُؤْمِنُونَ * بِنَصْرِ اللَّهِ يَنْصُرُ مَنْ يَشَاءُ وَهُوَ الْعَزِيزُ الرَّحِيمُ

"And on that day the believers will rejoice * at the victory willed by Allah. He gives victory to whoever He wills. For He is the Almighty, Most Merciful." [Ar-Rum: 4-5]

**21 Rabii' al-Awwal 1444 AH
17/10/2022 CE**